

Amerian Indian Child Resource Center

Adolescent Pregnancy Prevention Program

21 Generations**IT'S UP TO ME**
*to prevent teen pregnancy***Mission & Philosophy**

Using a culturally relevant curriculum, 21 Generations provides health education both in a traditional classroom setting and using interactive workshops led by American Indian youth. In addition, 21 Generations offers support groups to young mothers and fathers in the American Indian community. Our goals are to reduce adolescent pregnancy rates in the urban American Indian community of Alameda County and to reduce the rate of fatherlessness of children born to adolescent parents. Our approach is tailored to meet the needs, both spiritual and material, of our community. The program's philosophy is aligned with the mission of the American Indian Child Resource Center: *To preserve and promote the integrity and culture of American Indian youth and their families.*

**Family Life Education, a Resource Library, and Drop In Counseling**

21 Generations offers an innovative Adolescent Health curriculum for youth that serves over 200 youth throughout the school year. The 10-session curriculum uses interactive workshops to cover topics that are important to the health of 10-18 year olds. Topics include:

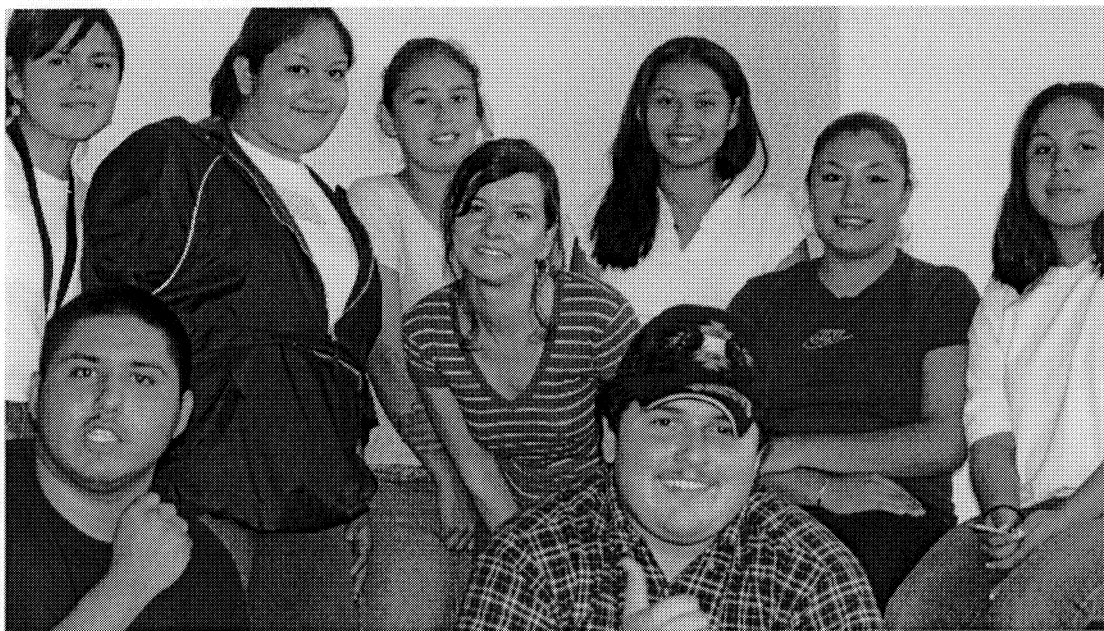
Decision Making

Barriers and definitions of self-esteem are discussed. Students will be

and Healthy Relationships	able to identify positive and negative messages in their lives and the effects of each on healthy decision making
Adolescent Pregnancy Prevention	The facts about teen pregnancy and prevention are presented through skits, activities and interactive presentations that both engage and inform the participating youth.
Sexual Health Education	For younger audiences, the workshops focus on puberty, self-esteem, and healthy supportive relationships. For mature adolescents, the workshops cover birth control, STIs, healthy decision-making and supportive relationships.
Resource Library	A comprehensive resource library on adolescent pregnancy prevention is also available for the community. Located in our office, it offers a variety of materials on sexual health, birth control, pregnancy, relationships, domestic violence, sexual assault and male involvement.
Drop In Counseling	Through an innovative program at Oakland's Unity High School, 21 Generations provides outreach and referral, offers one-on-one counseling on sexuality and health issues and brings pregnancy prevention programming to teens on their school campus.

Peer Educator Program

Each school year, American Indian youth are recruited to the Peer Educator Program. Applicants must be between the ages of 14-19 and committed to preventing teen pregnancy and fatherlessness in their community. Because teens prefer to talk with other teens about personal issues, the Peer Educators have a powerful ability to impact many youth in their community through advocacy.



Peer Educators undergo an extensive youth leadership-training program throughout the school year. Workshops and fieldtrips are conducted twice a month by 21 Generations staff. Presenters have

included Planned Parenthood, YO! magazine editors, American Indians at Stanford, Indian Dispute Resolution Services and Four Winds Ropes Course.

Peer Educators are paid a monthly stipend to assist them with outreach to the community. They provide one-on-one health education to their peers and facilitate presentations and workshops to a variety of groups. If you are interested in becoming a peer health educator or in using the group to facilitate a workshop for your agency, please contact us.

Mom's Group

21 Generations understands that parenting can be a challenge, especially as a young person. The young mothers group meets weekly to discuss issues related to starting a family at a young age. Topics covered include: parenting skills, childcare, nutrition, domestic violence and birth control. The group provides a forum for young moms to share their experiences and learn about information and resources that will aid in making healthy decisions for them and their children. All Native pregnant and parenting moms and their babies are welcome. If interested, please contact us.



Bay Area Health Resources for American Indian Youth

(All services are confidential, do not require a parent's permission, and are usually free.)

Planned Parenthood Golden Gate

Provides free or low-cost birth control, pregnancy testing and counseling, prenatal care, gynecological exams, sexually transmitted disease testing and treatment, HIV/AIDS testing and counseling. Locations in Eastmont Mall, MacArthur Blvd, Fremont and San Francisco. Call 1-800-967-PLAN for information and appointments.

Sacred Circle of Life

Native American Health Center provides prenatal services, social services and counseling.
3128 E. 14th Street, Oakland, CA. 94601 (510) 261-6438

National Native American AIDS Prevention Center provides education and information services. Its mission is to stop the spread of HIV and other sexually transmitted infections.
134 Linden Street, Oakland, CA. 94607 (510) 444-2051

Online Resources

www.sexetc.org - information on sexual health written by and for teens
www.lyric.org - information for gay, lesbian, bi, transgendered and questioning youth
www.hify.org - bay area resource for teen health
www.goaskalice.org - questions and answers on teen health and sexuality
www.baaitis.org - Bay Area American Indian Two Spirits

[Main](#) | [About the Agency](#) | [Our Board of Directors](#)
[Oakland Indian Education Center](#) | **21 Generations** | [Foster Care Program](#) | [Indian Child Welfare Act](#)
[Current Contributors](#) | [How You Can Support](#) | [Newsletter](#)

522 Grand Avenue | Oakland, CA 94610 | Phone (510) 208-1870 | Fax (510) 208-1886
email: 21generations@aicrc.org

(c) 2001 AICRC



THE AICRC

AMERICAN INDIAN CHILD

Our mission : To preserve and promote
American Indian youth and
www.aicrc.org

RAIDER NATION MEETS INDIAN Raider players pay a visit to AICRC

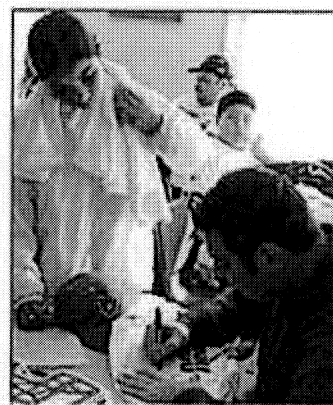
As part of an ongoing effort to help build a stronger local community, the Oakland Raiders teamed up with AICRC and the United Way to host a "Hometown Huddle" on October 7, 2003. Over 70 American Indian children who utilize AICRC's services participated in the event where they received autographs and words of encouragement from Raiders players Brad Badger and Matt Stinchcomb.



Matt Stinchcomb

"This was great opportunity for the youth we serve to meet the members of a team they have grown up rooting for," said Ronda Rutledge, Co-Executive Director. AICRC staff, United Way of the Bay Area employees worked together to make the event a lasting memory for the American Indian youth receiving

educational and social services from AICRC. "The event was truly a partnership between our organizations, working as a team to create the hundreds of smiles we saw that day," says Mary Trimble Norris, Co-Executive Director.



Brad Badger

activity was also provided for students while patiently for their turn to get an autograph of the Raiders players

Students who participated in the event came from Oakland schools including Monterra Junior High, Indian Public Charter School, Unity High School, United Indian Nations, Stree Oakland Technical High School, Far West and Child Development Center.

In addition to the of meeting Rai youth were thrilled brand new back school supplies from backpacks arrive truck with UPS on hand to personal each child backpack.

Students celebrated with a football game lunch of hot popcorn. An art

From the Co-Executive Directors...

There are exciting things happening at AICRC. We have come through a tough summer of funding challenges as well as program and personnel changes. We have

directors, we are well on our way to another successful year of service delivery. One change we have made is the creation of a Co-Executive Director position. Ronda

agencies to provide possible services community. We

the in wh

